



Tools For Action

A sample of physical education initiatives in Wisconsin

Mileage Club

Contact Information

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Program Information

Program Name
Mileage Club
Program Category
Recess ideas that complement PE class
Grade Level
K-2; 3-5
Assessment Method
Fitness indicator (test scores, miles walked); Impact on knowledge and or attitudes (test scores); Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Program Description:

Students have the choice to walk during their recess on Mon., Wed., and Fri. They carry a card which is punched by a teacher on duty for every lap they walk. Once they have walked 5 miles they earn a "toe token" (for their shoelaces), a mileage club foot to posted outside the gym (this tells how many miles they walked), and special rewards for large mile stones (25, 50 75, 100).

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:
<http://dhfs.wisconsin.gov/health/physicalactivity/>
or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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